

SLIDING BOARD, IN PARTICULAR A SKI OR A SNOWBOARD,
AND A METHOD FOR THE PRODUCTION THEREOF

ABSTRACT

The invention relates to a sliding board, in particular a ski or snowboard, with at least one interface element connected to the sliding board body, in particular a rail or guide element for the arrangement of binding elements on the upper side of the sliding board. A cradle or cassette (7) is integrated in the body of the sliding board, to which interface element(s) (5, 5') is(are) fixed, whereby the cradle or cassette (7) and preferably also the interface element(s) (3, 3') is(are) connected to further sliding board components with foam or preferably with a foamed core (6).